

South Pasadena Senior Center Presents



Yoga

Mondays & Wednesdays
8:30-9:30am



**Class held in Library
Community Room**



Increase flexibility through positions that act upon the various joints of the body, including joints that are rarely exercised. Yoga positions also work different tendons and ligaments of the body.

Cost:

**\$24 for both Mondays &
Wednesdays or
\$12 either day**

Eight week sessions

SIGN UP IN ADVANCE

**For more information, contact
us at 626-403-7360**

Benefits:

**Relieves pain, improves
sleep, creates mental
balance and increases en-
ergy**

